

LONDON metro



Friday's Jackpot

\$50 MILLION
estimated

— PLUS **MAXMILLIONS** —

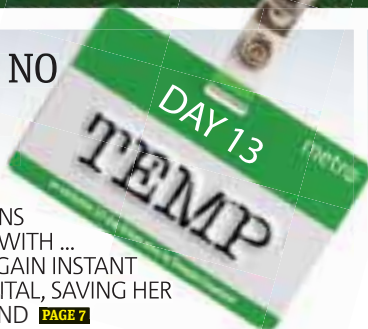
2 EXTRA
estimated

\$1 MILLION
PRIZES



NO CREDIT, NO PROBLEM, MRS. DUCK

DANIMAL'S WIFE CHANTELE RETURNS FROM FLORIDA — WITH ... FULLER LIPS — TO GAIN INSTANT ACCESS TO A HOSPITAL, SAVING HER CRUMPLED HUSBAND **PAGE 7**



Big question in Fontana's fraud case still unanswered

Will the trial happen close to the 2014 municipal election? **PAGE 4**

Ford jonesing for J.C.; critics hold hallelujah

T.O. mayor tells CBC's Peter Mansbridge he's had a 'come to Jesus moment', vows to turn life around **PAGE 5**

Exec calls possible denial of XL pipeline a 'tragedy'

TransCanada Corp. warns oil would have to be transported by rail **PAGE 6**

Taller, heavier, better



Nikita Zadorov heads to the Buffalo Sabres' locker-room before his first NHL game in October. The defenceman has been sent back to the London Knights, giving the team a big blue-line boost. GETTY IMAGES

London Knights. OHL club beefs up blue-line with return of Nikita Zadorov and acquisition of Zach Bell



DAVE LANGFORD
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The London Knights defence has been rebuilt in a day.

And now they can boast perhaps the tallest (average six-foot-two), heaviest (average 205 pounds), most experienced and most talented set of top six defencemen in the 20-team Ontario Hockey League.

Not a bad thing to have on a team already destined for the Memorial Cup.

The change came quickly Tuesday with two moves — one expected and the other in a deft deal for a player from an Ontario team not based in Canada.

First, there was the return

of Nikita Zadorov, a first-round selection of the Buffalo Sabres in the 2013 NHL draft. With a change in Sabres' management, the London Knight was among four player moves the Sabres made Tuesday.

Also, the Knights have traded 18-year-old defenceman Miles Liberati to the North Bay Battalion in exchange for the rights to overage defenceman Zach Bell, who has spent the season playing for the Ontario (California) Reign of the ECHL.

Bell accumulated a pair of assists and 20 penalty minutes for the Reign in 14 games.

"We've got a good mixture here now. I'm happy with the D, it's just a matter of getting them to play the right way," Knights' general manager Mark Hunter said Tuesday at practice.

Hunter said getting Zadorov back was the easy part of the day.

He called the Bell trade a "tough decision," losing a "good, young player."

D-fence!

The London Knights' Top 6 on defence:

- Brady Austin: 6-foot-4, 225 pounds
- Alex Basso: 6-foot-1, 184 pounds
- Zach Bell: 6-foot-2, 228

pounds

- Tim Bender: 6-feet, 180 pounds
- Dakota Mermis: 5-foot-11, 190 pounds
- Nikita Zadorov: 6-foot-5, 221 pounds

Records system

MPP demands action on prisons

The government needs to take immediate action to avert another tragedy in Ontario's correctional centres, a London MPP says.



Peggy Sattler
CONTRIBUTED

Peggy Sattler, NDP critic for community safety and correctional services, spoke out during Tuesday's question period at Queen's Park, after the Nov. 1 death of Elgin-Middlesex Detention Centre inmate Adam Kargus.

The records system comes with problems built in, the London West MPP said. It's "ineffective," she said, and doesn't allow correctional staff to access the records of violent prisoners.

Kargus, 29, of Sarnia, was beaten to death at the facility. Anthony George, 28, also of Sarnia and Kargus' cell mate, has been charged with second-degree murder. Two other inmates, Bradley Mielke, 51, and David Cake, 34, are charged with accessory after the fact. **MIKE DONACHIE/METRO**

Woodstock home

Suspects sought in midday break-in

Police are looking for two men after a Woodstock home invasion.

The men entered a residence on Ontario Street shortly before 2:30 p.m. Sunday through an unlocked door and began ransacking the home, police said. They made their way through the house until they reached an upstairs floor, where they found the resident. The victim was not injured.

One suspect is described as about six-foot-tall with a thin build. He was wearing a black sweater, light-coloured jeans and white shoes with black stripes. The other suspect is described as heavy-set and is about five-foot-six. He was last seen wearing a black sweater that zips in the front, black skinny jeans and high-top, lime green shoes with purple and red markings.

Anyone with information is asked to call police at 519-537-2323 or Crime Stoppers at 800-222-8477.

SCOTT TAYLOR/METRO



Blockades on the east end of the Blackfriars Bridge near the spot where Mate Magdic, 19, is believed to have fallen. **ANGELA MULLINS/METRO**

'Kids on the bridge' a constant worry

Blackfriars. Teen who fell to his death Saturday had crossed often since closure

Mate Magdic is the only person who's fallen off the Blackfriars Bridge since it was closed to pedestrians in August.

But, he's far from being the only one who's been on it

since the city started repairs.

There are clear signs that people have been scaling plywood barricades to access the bridge.

"Our contractor has indicated that in the morning sometimes there has been evidence of kids on the bridge," said Doug MacRae, the city's manager of transportation and design.

The city's even posted signs that read "danger" and "keep out" on the east side

adjacent to a walking path.

"We've reviewed the safety structure in place and have increased it higher and wider than it was," MacRae said.

More review is planned in light of Magdic's death.

The body of the 19-year-old Fanshawe College student was found beneath the bridge early Saturday.

Police haven't released many details about the death, but Magdic's father said he was told his son had fallen.

No one has actually been seen on the bridge, so the evidence is "speculative and anecdotal," MacRae said.

Magdic's father, Drago, said his son often crossed the bridge as a shortcut since it closed.

MacRae pleaded with people to be patient and to take alternate routes until the bridge is reopened to pedestrians around the Christmas holidays.

SCOTT TAYLOR/METRO

MP. Immigration appeal made after murder-suicide

London-Fanshawe MP Irene Mathysen is calling on Londoners to petition Ottawa for improvements to the nation's immigration process.

Mathysen has been outspoken about the process since Mohamed Walji, his wife Shyrozy, and their daughter Qyza were found dead in a London apartment Oct. 31, the result of a murder-suicide.

They had been trying to get permanent residency for about 15 years, but were on the verge of being deported to Tanzania.

"No person, no family, should be expected to put their lives on hold for years while waiting for immigration

officials to decide their fate," Mathysen said in a release. "Of course they had put down roots in our community.

"We know of other families ... who often wait years and years for a decision on their applications. The recent cuts to the Federal Public service have not helped this situation."

Mathysen calls on the minister to ensure that citizenship and immigration has the proper resources and is properly staffed to provide timely responses. The petition, which can be downloaded on her website, also calls for officials to consider all factors in regard to an application. **METRO**

Speed monitoring. City acts after dog run over

Speed-monitoring equipment has been put in place near the spot where a dog was killed in a Friday hit-and-run crash.

The equipment, put in place by city staff, comes on the heels of a complaint from the man who was watching the dog when it died in south London's Summerside community.

Roxxy, a Yorkshire terrier puppy, was run over in front of Ecole Secondaire Gabriel-Dumont school, fueling the ire of residents, who claim motorists constantly flaunt the 50 km/h speed limit.

Doug MacRae, the city's manager of transportation and



Speed-monitoring equipment on Evans Boulevard. **SCOTT TAYLOR/METRO**

design, said the speed indicator is a response to the incident. He said there's little more that can be done at this point because the city hasn't assumed control of the subdivision from the developer. **SCOTT TAYLOR/METRO**

Baechler a big stickler for sustainable development

New committee chair.
Councillor pledges different approach under her watch



MIKE DONACHIE
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There's been a big change at city hall — and it's going to affect everyone in London.

Amid the confusing, com-

plex process of choosing members of standing committees Monday night, one appointment was arguably bigger than any other.

Coun. Joni Baechler, environmentalist and planning specialist, will take over as chair of the planning and environment committee, which has a crucial role in driving London's growth.

And she's promising a new approach, with green issues at the forefront and council policies strictly enforced.

That means if you want to build something, you'd better follow the rules.

"I have an affinity with planning," said Baechler. "That's where I kind of cut my teeth, on planning issues in my ward, prior to being elected to council."

Despite not being a member of the planning committee — and she openly says Mayor Joe Fontana kept her off the committee for the last three years — she has been in centre stage recently

amid big controversies on the topic.

Notably, Baechler opposed PenEquity's major retail development for a woodlot near Highway 401, claiming council sidestepped its own rules to approve it without proper environmental assessments.

There are two camps on city council, Baechler says. One is all about "jobs, jobs, jobs" and allows development at any cost. The other "voice," which includes Baechler, wants "sustainable" develop-

ment that's sympathetic to the environment.

But she's still only one vote on council, Baechler stresses, so her efforts can only go so far if opponents rally at the right moments.

Regardless, her appointment is important in another way. As usual, Baechler declined to say Tuesday if she will run for mayor next year, but she's considered a likely candidate by many. Her planning role will keep her firmly in the public eye.

Take a chair

These councillors have become chairs of standing committees:

- **Joni Baechler:** planning and environment
- **Matt Brown:** community and protective services
- **Joe Swan:** investment and economic prosperity
- **Harold Usher:** civic works
- **Mayor Joe Fontana** will lead the corporate services and strategic priorities and policy committees. The sitting mayor always chairs those boards.

Party hard

Get ready to shout about New Year's

London's New Year's Eve party could still get its exemption from noise limits. Council agreed Tuesday to keep the request from the Rockin' New Year's Eve committee alive, allowing the public to have a say at a meeting on Dec. 9.

MIKE DONACHIE/METRO

Seniors' issues

Sidewalk cycling debate still going round and round

The question of whether to allow seniors to cycle on London's sidewalks was back at council Tuesday.

Councillors agreed to have city staff look into the issue. Coun. Stephen Orser asked staff to consider a rule that seniors have bells or horns on their bikes. Coun. Paul Hubert was opposed on safety grounds.

MIKE DONACHIE/METRO

Community flagpole

No exemption for flag with cross

A ban on flags of a political, religious or commercial nature being flown from London's community flagpole was accepted by council Tuesday night.

The Christian Businessmen's Council of London had asked for their flag to be exempt, saying the cross on it merely represents Judeo-Christian heritage. **MIKE DONACHIE/METRO**



Garbage dump to green dream

A neighbourhood is celebrating after the city launched a project Tuesday that will, eventually, create Elmwood Gateway Community Park off Wharncliffe Road. The park is being built on the site of a former landfill. Trees will be planted in the spring. Phase 2 will include new paths, benches and bike racks. Pictured here during Tuesday's kickoff are, from left, Coun. Denise Brown, Anastasia Karanastasis, Abby Sitts and Celine Desbiens from Victoria Public School. **MIKE DONACHIE/METRO**

Changes rejected. Just one way for Wortley Village

Wortley Village has spoken, and city council has listened.

Plans to make changes to streets in the area have officially been abandoned after a council vote Tuesday night.

Residents turned out in large numbers for a public participation meeting after the city looked into making Bruce Street and Elmwood Avenue two-way.

And the voice of the people said: no.

"The message was quite clear," said local Coun. Denise Brown. "We can't please everybody. Not everybody was in favour of keeping one-way streets."

"But the large majority want to keep it as it is. All they want is to slow down the

traffic, which the committee is asking staff to do."

But, in response to requests from residents, there will be some action. Council agreed to ask staff to look into road safety in the area and recommend improve-

Streets ahead

"The residents of the best neighbourhood in Canada would like to keep it this way."

Local Coun. Denise Brown

ments.

Those measures will likely include better signage, bike paths and traffic-calming on Bruce and Elmwood, "taking into consideration the effect such changes may have to the surrounding area," the council motion says.

The same motion comes with the comments of residents attached. Nobody knows the streets of Wortley Village better than them, so council members had lots of detail about life in the village.

But two things shone through more than any other — pride in the area and the need for safety.

The people of Wortley received praise for their level of engagement.

Coun. Harold Usher paid tribute to them for "lively, patient, sober" debate that saw them respect each other's opinions at the public meeting.

Council approved the motion 15-0.

MIKE DONACHIE/METRO

Water rates

City council agreed to increase residents' water rates at their meeting Tuesday night.

- Council members approved the staff recommendation for an eight per cent increase in water charges and a seven per cent increase in wastewater charges.
- People can expect a similar rise next year, as part of the city's move toward "financial stability" on water charges.
- That includes a projection of rises of three per cent in future years, councillors heard this week.

Suicide bomb attack kills 23 in Beirut

Clashes. Lebanese Sunnis largely back the rebellion and Shiites tend to support Assad — and the tensions have flared into bloodshed in Lebanon

Two suicide bombers detonated explosions outside the Iranian Embassy in a mainly Shiite district of the Lebanese capital on Tuesday, killing 23 people, including the Iranian cultural attache, apparently in retaliation for the Lebanese group Hezbollah's support of Syrian President Bashar Assad.

The bombings appeared to be another strike in an intensifying proxy battle over Syria's civil war that is rattling its smaller neighbour Lebanon.

An al-Qaida-linked Sunni extremist group claimed responsibility for the attack, saying more would follow unless the Iranian-backed Shiite Hezbollah withdraws fighters that have helped Assad's military score key victories over Syrian rebels.

The midmorning blasts hit the upscale neighbourhood of Janah, a Hezbollah stronghold, leaving bodies and pools of blood on the glass-strewn street amid burning cars. More than 140 people were wounded, officials said.

In recent weeks, Hezbollah fighters have backed Assad's troops in a series of victories over rebels, taking back a string of rebel-held towns in Syria. Shiite Iran is the main Mideast backer of Assad's government, believed to be providing it with key financing and weapons.

THE ASSOCIATED PRESS



Lebanese people gather at the scene where two explosions struck near the Iranian Embassy, killing at least 23, in Beirut, Lebanon, Tuesday.

BILAL HUSSEIN/THE ASSOCIATED PRESS

Ottawa. College takes heat for its new men only campus in Saudi Arabia

Some faculty at Ottawa's Algonquin College are upset the college opened an overseas campus exclusively for men in Jazan, Saudi Arabia.

They're claiming Algonquin is putting revenues ahead of human rights.

Algonquin is one of 10 community colleges and technical schools from Canada, the U.S. and Europe invited to open schools in Saudi Arabia. And there's more to come.

With a student body of 850

in its first year of operations and enrollment expected to rise to 2,500 by year three, Algonquin College's Jazan campus revenue is predicted to exceed 100 million Riyadh, or \$25 million, over the next five years. The college hopes to expand the number of courses it offers.

Algonquin lost on its bid to open a school exclusively for women, but has submitted a second bid for 2014.

DENIS ARMSTRONG/FOR METRO IN OTTAWA



Mayor Joe Fontana wasn't at Tuesday's court hearing because it was procedural. But, he's expected to make an appearance during next week's pre-trial.

METRO FILE

Big question remains in mayor's fraud case

Court. Anyone's guess how close trial will come to re-election bid



MIKE DONACHIE
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Mayor Joe Fontana's fraud case landed in superior court Tuesday.

But there's still no answer to the big question: Will the trial happen close

to the 2014 municipal election?

It was a quick hearing, with lawyer Gord Cudmore requesting a pre-trial date for the case. Fontana wasn't there.

After a brief discussion about which lawyers were available when, the court settled on Nov. 26 for a pre-trial.

That hearing will establish if the two sides are ready for a full trial, then another procedural hearing,

Charges against the mayor

- Committing a breach of public trust
- Fraud under \$5,000
- Uttering a forged cheque

ing, much like Tuesday's, will be held on Dec. 10.

That's when it's likely a trial date will be set.

The wheels of justice run

slowly, so the trial will be months away from that. The municipal election is set for Oct. 27 next year.

The charges against Fontana allege he used taxpayer dollars to cover a \$1,700 deposit on his son's 2005 wedding reception at the Marconi Club.

Fontana was an MP at the time.

The mayor has said he's innocent. He also denies passing a false document, a cheque to the Marconi Club.

Ornge in hot water over pilot safety



Health Minister Deb Matthews
TORSTAR NEWS SERVICE FILE

Health Minister Deb Matthews insists Ontario's troubled air ambulance service is taking steps to fix safety problems following a deadly crash in the province's north.

Scandal-plagued Ornge suffered another blow after federal investigators said it failed to protect the health and safety of its helicopter pilots.

Two paramedics and two pilots died after their helicopter crashed May 31 in a

remote area near Moosonee while on their way to pick up a patient in a First Nations community.

Federal investigators say Ornge failed to adequately educate the pilots on the health and safety hazards associated with northern operations, among other problems.

They've directed Ornge — which is under a criminal probe — to correct all the problems by the end of May.

The organization says it

will comply with those orders and take all necessary steps to ensure the safety of its staff.

Ornge has been under the microscope for nearly two years due to financial irregularities.

The province's auditor general has questioned its business dealings and slammed the government for failing to oversee a publicly funded organization that received \$730 million over five years and borrowed \$300 million more. THE CANADIAN PRESS

Rob Ford finds Jesus, Kenney finds his voice

Toronto, Ottawa. Mayor says he's thrown out the booze, top Tory says he's shamed the city

Toronto's disgraced mayor, Rob Ford, says he's had a "Jesus moment."

He says he's turning his life around, staying off alcohol and trying to lose weight.

He told CBC's Peter Mansbridge he has had a "come to Jesus moment" brought on by all the "belittling."

It was just another eyebrow-raising episode in the Ford scandal, filled with sensational stories about drugs and alcohol.

Another jolt came in Ottawa from top Tory Jason Kenney. He became the first federal cabinet minister to

call on Ford to resign.

"I will say as an elected official that I think Mr. Ford has brought dishonour to public office and the office of mayor and his city," Kenney said as he left the Commons.

"I wish he had taken a leave of absence some time ago to go and deal with his personal problems.

"But not having done that, I personally think he should step aside and stop dragging the city of Toronto through this terrible embarrassment."

Justin Trudeau also joined the fray. "I will take no lessons in accountability from a man whose fishing buddy is Rob Ford," Trudeau said in response to Stephen Harper's attempts to deflect his queries on the Senate scandal.

On Monday, councillors slashed Ford's budget and handed many of his duties and staff to the deputy mayor.

THE CANADIAN PRESS

Sun News pulls plug

Ford TV show fades to black

Sun News has cancelled Mayor Rob Ford's TV talk show, Ford Nation, after its debut Monday evening.

Kory Teneycke, the network's vice-president, confirmed in an email to Torstar News Service that

the show is over. The show was hosted by Ford and councillor brother Doug.

A media report said Monday's show brought in 155,000 viewers but the production cost was high.

It took the Ford brothers five hours on Sunday to tape Monday's episode, the report said, and Sun staff another eight hours to edit.

TORSTAR NEWS SERVICE

Mystery in Virginia. State senator stabbed, son killed by a gunshot

A U.S. state senator was stabbed Tuesday in his head and chest at his home, and his son died at the residence from a gunshot wound, police said.

A Virginia police spokesperson wouldn't say who stabbed R. Creigh Deeds or how his son was shot.

But she did say police were not looking for any suspects. The senator was in critical condition at a hospital.

After the stabbing, Deeds was able to walk away from his home to a nearby road in rural western Virginia and a cousin who was driving by happened to spot the senator,

police said. They drove to the cousin's home and an emergency call was placed from there.

Inside the senator's home in Millboro, authorities found Deeds' 24-year-old son, Gus, suffering from a gunshot wound. Despite efforts by state troopers and first responders, he died there.

Deeds and wife Pam divorced shortly after a 2009 election campaign. Deeds remarried last year but authorities would not say whether anyone else besides the senator and his son were in the home at the time of the attack.

THE ASSOCIATED PRESS



Back on the job (what's left of it): Rob Ford arrives at Toronto City Hall Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

Doc guilty of molesting 21 sedated women in OR

An anesthesiologist accused of molesting 21 female patients during surgery was found guilty on all counts Tuesday.

Dr. George Doodnaught, who was called a "sexual opportunist" by the Crown, had pleaded not guilty to sexually assaulting each of the women.

Some of Doodnaught's victims were in the packed Toronto courtroom as the verdict was read, and some people could be heard sighing with relief or whispering "Yes."

The assaults reported by the 21 women were similar, generally involving a combination of Doodnaught kissing

Quoted

"Because he was known for his caring approach, OR staff did not consider it unusual for him to be in very close physical proximity to sedated patients."

Judge David McCombs

them, fondling their breasts and putting his penis in their mouth or hand while they were under conscious sedation.

All but one occurred during surgeries at a Toronto hospital between 2006 and 2010.

Judge David McCombs found Doodnaught's guilt on all the counts "overwhelming."

He noted the women did not know each other and were unaware of the particulars of the other patients' stories when they separately came forward.

Doodnaught — known for being "touchy feely," the judge noted — will remain free on bail until sentencing.

A date for sentencing arguments is to be set on Dec. 13.

THE CANADIAN PRESS

Montreal election

One vote means she's a winner

Don't ever let anyone tell you your vote doesn't count.

Just ask newly elected Montreal councillor Lorraine Page — who won her seat by a single vote.

A Quebec election spokesperson says a judicial recount confirmed that Page captured her north-end district on Nov. 3 by one ballot.

THE CANADIAN PRESS

Police in Mexico

Silence please, you're arrested

Members of a police force in Oaxaca, Mexico, can't hear or speak.

The Angels of Silence operate the city's surveillance cameras to look for street crimes.

Cynthia Zepeda, director of Oaxaca state's emergency services, said the officers have a highly developed visual sense.

"They allow us to notice situations that maybe a person who doesn't have that disability wouldn't notice. They read lips and can perceive suspicious movements in people," Zepeda said.

THE ASSOCIATED PRESS

Broke church law

Pastor stands firm on gay rights

A United Methodist minister convicted of breaking church law by officiating at the same-sex wedding of his son in the U.S. said Tuesday he is unrepentant.

He said he has been called by God to be an advocate for the rights of gays, lesbians, bisexuals and transgendered people.

Rev. Frank Schaefer, testifying at the penalty phase of his church trial, refused to promise he wouldn't perform another same-sex union. Three of his four children are gay.

The church "needs to stop judging people based on their sexual orientation. We have to stop the hate speech. We have to stop treating them as second-class Christians," he told a jury of fellow United Methodist pastors in Pennsylvania.

THE ASSOCIATED PRESS



A worker inspects a railway car that was part of a convoy of cars carrying crude oil that derailed resulting in explosions in Lac-Mégantic, Que., on July 7. A TransCanada Corp. executive says rail will be used more often to transport oil if the Keystone pipeline project is not approved. PAUL CHIASSON/THE CANADIAN PRESS

If Keystone XL pipeline denied, rail will be used

TransCanada Corp.

Exec warns company on track to transport more oil by railway if controversial project gets turned down

A denial of the proposed Keystone XL pipeline would lead to more oil moving across the continent by rail, an executive with pipeline builder TransCanada Corp. said Tuesday, calling such an outcome a "tragedy."

"While we view rail as a complementary short-term solution until more pipeline capacity is brought online, more rail terminals will be built to fill the capacity gap if

Stopgap measure

"We have really ramped up our business development activities working with rail companies."

Alex Pourbaix, president of energy and oil pipelines for TransCanada Corp. He sees rail as a way to fill the gap until pipelines are built.

Keystone XL is not approved," Alex Pourbaix, president of energy and oil pipelines, told an investor conference.

"And I think it's a real tragedy if this situation continues indefinitely, as pipelines are obviously much more cost-effective. They are statistically safer and more environmentally friendly to transport oil."

THE CANADIAN PRESS

Train troubles

With Keystone XL and other pipelines mired in regulatory delays, Canadian and U.S. oil producers have been increasingly turning to rail to get their crude to market.

- But scrutiny over the safety of that mode of transport has intensified after a series of high-profile events this year. Most notably, a train laden with oil from North Dakota's Bakken region crashed into the town of Lac Mégantic, Que., this summer, killing 47 people.

#justjoking? Minister of employment posts, then deletes anti-union tweet

Shortly after midnight Tuesday, Canada's minister of employment took to Twitter to thank his staff for working overtime.

"Just wrapped up a meeting with several staff members, at midnight," Jason Kenney tweeted. "Good thing they're not unionized!"

Twitter users pounced on the minister, calling him "an uncaring boss" and accusing him of "union bashing." Others claimed the tweet was evidence of an anti-labour bias amongst federal Conservatives.

Unifor president Jerry Dias said Kenney's comments were "arrogant" and inappropriate given that roughly one in three Canadians belongs to a union.



Employment Minister Jason Kenney claimed this Twitter posting, later deleted, was a joke. TWITTER

Kenney quickly backpedalled, deleting the tweet and replacing it with one that lacked any reference to unions. He later referred to the remark as a joke, and said it "wasn't intended as a political comment."

As for Kenney's staff, Dias suggested they consider joining a union. LUKE SIMCOE/METRO

Calling for an apology

"He should be apologizing ... He just insulted 10 million Canadians. He just insulted the entire middle class."

Unifor president Jerry Dias, on Jason Kenney's tweet.

France

Ikea's top brass spied on workers, shoppers: Report

Officials say senior executives of Ikea France are in police custody over allegations that they illegally spied on employees and customers.

Ikea France has fired four employees and instituted a code of conduct in response to the investigation. French officials close to the case said Ikea France CEO Stefan Vanoverbeke and its finance chief, Dariusz Rycher, were apprehended Monday. THE ASSOCIATED PRESS

American Thanksgiving

Butterball baffled by bony birds

Butterball apparently has a big fat mystery on its hands: The company says it doesn't know why some of its turkeys wouldn't plump up in time for Thanksgiving in the U.S. this year.

THE ASSOCIATED PRESS



Americans are facing a shortage of big Butterball birds. GETTY IMAGES FILE

Random biz fact of the day

46%

46 per cent of workers said a company's employment brand plays a very big role in their decision to apply for a job within the organization; 45 per cent say it plays somewhat of a role.

CAREERBUILDER

Market Minute

DOLLAR
95.50¢ (-0.36¢)

TSX
13,442.60 (-15.46)

OIL
\$93.34 US (+31¢)

GOLD
\$1,273.50 US (+\$1.20)

Natural gas: \$3.55 US (-6¢)
Dow Jones: 15,967.03 (-8.99)

Michael Bloomberg

NYC bans tobacco sales to under-21's

Mayor Michael Bloomberg signed landmark legislation Tuesday banning the sale of tobacco products to anyone under the age of 21, making New York the first large city or state in the country to prohibit sales to young adults.

During a brief ceremony at city hall, Bloomberg said raising the legal purchase age from 18 to 21 will help prevent young people from experimenting with tobacco at the age when they are most likely to become addicted. THE ASSOCIATED PRESS

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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 13

metronews.ca/temp

Sick daze

In sickness and in health, temps show up for work

The insecurity of temporary employment prevents workers from taking the time off to address their health issues, argues a team of researchers from the Institute for Work & Health, an independent not-for-profit organization, in a 2010 study.

They found that:

- Workers in temporary jobs were 37 per cent less likely to be absent due to sickness compared to those with permanent positions.
- Workers with tenure of one to three months were 27 per cent less likely to take an absence when compared to workers who hold a longer tenure.

PHOEBE HO/FOR METRO



ISTOCK

Woe befalls Walmart

Fight for your rights, face retaliation?

Federal officials in the U.S. are prepared to file formal complaints against Walmart for allegedly violating the legal rights of protesting workers last year. **THE ASSOCIATED PRESS**

Temp Does Ambulance Duty

I asked Darren to put Dan into the BMW's back seat. "If we dump him by the door at Crown, they'll be forced to take pity on him."

Darren rifled through the glove compartment. "Look! A BlackBerry Z10!" The BlackBerry then promptly rang (ringtone: Dust in the Wind by Kansas). "Hello?"

A woman squawked on the other end. I grabbed the receiver. "Hello, who's this?"

"It's Chantelle, Dan's wife. Who's this?"

"I'm Shannon. I'm a temp at Dan's office. He had an accident and we're trying to take him to a hospital but he doesn't have his credit cards so nobody wants him."

"Come to our house and pick me up."

"Aren't you in Florida?"

"I found a card with a pile of unused frequent flyer miles so I returned early."

Chantelle was on the curb. Her lips were swollen like Donald Duck's beak, and it was hard to not stare.

"I know I look strange but I never expected to get old and then one day it happened and, as you can see, I'm not handling it well. I know I look ridiculous."

On cue both Darren and I chimed, "No, you look great!"

Darren added, "I'm sure your lips will look terrific once they deflate, Chantelle."

Chantelle was unruffled by the sight of Dan in the back, and with me at the wheel and Darren in the passenger seat looking and smelling very street-y. Chantelle

removed a fifth of vodka from her purse. "Any takers?"

Darren eagerly accepted, and we soon arrived at Crown Permenente. "You two lug him in," she said. "I'll handle the staff."

"You've got your credit cards, then?"

"Cards shmards. A well-dressed, well-nourished white woman with obvious cosmetic surgery is welcome in any hospital on the planet."

Dang if she wasn't right. The supermodel nurse beamed at her, while another fetched her a cappuccino and asked which satellite music station she preferred. We dropped Danimal's carcass inside the door and two hot guys who looked like Qantas flight attendants whisked him away. It couldn't have been more pleasant.

"You two wait in the car. I'll be out in a sec."

Chantelle soon emerged and got into the back seat. "Shannon take me home. Darren, you stay the night at my place. We can

"I'm Shannon. I'm a temp at Dan's office. He had an accident and we're trying to take him to a hospital..."

party and maybe you can take a shower later. Dan's clothes will fit you, too. Shannon, you keep the car for a few days."

"Seriously?"

"I may be aging gracefully, but I'm no idiot like Kevin's wife. Just promise me you won't set fire to it."

"It's a promise."

I feel like a bad person, but I was so excited to have a Beemer for a few days that I forgot to ask what was wrong with Dan.

TO BE CONTINUED ...



Random biz fact of the day

67%

A majority of job seekers say they would accept a lower salary if the company had exceptionally positive reviews online (67 per cent) or a lot of positive press recently (65 per cent).

SOURCE: NEXCAREER

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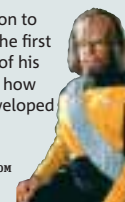
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Random fact of the day

Call it experimental parenting.

- A dad only spoke Klingon to his son for the first three years of his life to study how children developed language.

SOURCE: OMG-FACTS.COM



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TO THINE OWN SELFIE BE TRUE

Have you heard the Word?

The Word of the Year, that is.

According to the Oxford Dictionaries, the 2013 Word of the Year is "selfie": "A photograph that one has taken of oneself, typically one taken with a smartphone or web cam and uploaded to a social media website."

Selfie beat out other worthy words, such as "binge-watch," which is the stupefying practice of watching entire seasons of TV episodes in a single, coma-inducing couch session, and "olinguito," the cute, little, previously-unknown mammal found in the mountain forests of Colombia and Ecuador.

Just think how trendy you can sound if you get all three into a single sentence, something like:

"I was, like, binge-watching back episodes of Too Cute on Animal Planet and uploading selfies 'cause I was like — bored — when I came across a program about the olinguito, which, was,



JUST SAYIN'

Paul Sullivan

metronews.ca

like, just discovered this year. It's like the smallest member of the raccoon family."

Or something like that.

Selfie is the perfect word for a neo-narcissist generation that can't resist itself. Typically a selfie is taken in poor light, usually out of focus, artlessly posed and composed, but nevertheless considered suitable for sharing with the WHOLE world on Instagram.

I don't see the attraction. Every selfie I've ever taken looks like Nick Nolte's mug shot and has been instantly deleted. I guess I need to spend more time getting in touch with my inner 15-year-old girl.

I'm obviously in the minority. Oxford picked selfie because the frequency of use has increased

by 17,000 per cent over the same time last year.

Which leads me to wonder if the Oxonians are running some vast offshore language surveillance pound where bearded professors in tweed and leather elbow-patched jackets monitor the

world's conversations while sipping sherry.

You should know as well that Oxford's not the only outfit engaging in this Word of the Year racket. In fact, there's even a Word of the Year season. This year's began on Nov. 5, when the Global Language Monitor issued its 10 Top Words, which, oddly enough, does not include selfie. The two lists do however share "twerking," which is defined as: "To dance to popular music in a sexually provocative manner involving thrusting hip movements and a low, squatting stance." As in: "Look, Daddy, Hanna Montana's twerking."

The Word of the Year season ends, thankfully, in January, when the American Dialect Society announces its candidate. Last year's, by the way, was "hashtag," as in "#decline of Western civilization."

Meanwhile, you'll have to excuse me. I'm not feeling too well. I dropped my smartphone into the toilet while I was taking a selfie of me taking a selfie in the bathroom mirror, and now I'm suffering from nomophobia (2012 runner-up) which means "anxiety caused by being without one's mobile phone."

I feel so unfriended (2009).

ZOOM

Shot with a DIY cam? Snow way

A Russian photographer proves you don't need expensive equipment to take wonderful macro photographs.

Alexey Kljatov, from Moscow, used a homemade camera rig consisting of a wooden board, adhesive tape, a piece of glass and a \$45 lens from an old camera to capture the beautiful shapes of snowflakes.

Kljatov's images prove that no two snowflakes are alike, but it's down to atmospheric factors that give snow crystals their uniqueness. Snowflakes are hexagonal in shape in their basic form, but once they've fallen, the crystals interact with temperature, vapour and gravity.

METRO

Photog's viewpoint



"As the first frost arrives, I spread my woolen scarf on my open-air balcony and wait for the snowflakes to fall."

Alexey Kljatov



Kljatov's DIY setup features a Canon Powershot A650 and a 44M-5 Helios lens from a Soviet Zenit camera. COURTESY ALEXEY KLJATOV



COURTESY ALEXEY KLJATOV

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ANDREW FIFIELD

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Congratulations to 'selfie' for deservedly bringing home the Oxford Dictionaries 2013 Word of the Year tiara. We glanced away from the bathroom mirror long enough to check the official shortlist, and here are some of the runners-up.

Twerk:

Credit pearl-clutchers trying to shield us from the evils of Miley Cyrus for teaching our elders about twerking. However, the excellence of We Can't Stop aside, Miley isn't the twerk authority. Seek out Big Freedia, the mighty New Orleans rapper with a nightier stage show and cut-to-the-chase lyrics like "a-- over here/a-- over there/a-- everywhere." Bonus: An instructional video on teaching your dog to twerk. (bigfreedia.com)

Binge-Watch:

Breaking Bad was to binge-watching what Miley was to twerking. Sadly, one of them will never be heard from again. But if you happen to be up to

date on the fate of Walter White, there's plenty of other binge-worthy shows on Netflix. Top of the Lake and The 4400 are fine fare for drama fans. Archer and Peep Show are shining beacons of comedy.

Schmeat:

Synthetically made meat that's less pejoratively known as "in-vitro." In August, a team of scientists served up the world's first hamburger made from the stuff, the end stage of a process that began with harvesting muscle cells from a living cow. The world's rising demand for food isn't a passing trend, so pencil schmeat in as a 2014 contender. Learn more about how it was done at culturedbeef.net.

A picture of two people taking a photo of themselves — also known as a group selfie. BOB DASS/FICKR

Twitter



@CHFIERin: Anything but "adorbs". It's just "ridic".

@metropicks asked: Oxford Dictionary declared 'selfie' 2013's word of the year. Whatevs. Nominate a word of the year for our Best Of List

@Canucklehead_ca: twerk: As in, "Guess I have time for a quick beer before I get back twerk." Cheers!

@Xenojay: At least it's not "duck-face"? #Selfie #WordOfTheYear #HumansAreTerrible

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

Rock 'n' roll's temp-tation

Filling the shoes of an established artist is never easy but sometimes 15 minutes of fame is all you need to jump start a career or revitalize an existing one.

MIKE DOJC
scene@metronews.ca



Tim "Ripper" Owens

One minute he's a hardcore Judas Priest fanboy screaming his favourite band's songs as the front-man of a tribute act and the next minute he's stepping in for Rob Halford behind the mic.

During his seven-year stretch with the British metal gods he worshipped growing up, Owens recorded a pair of studio albums (Jugulator and Demolition) and a couple live ones and garnered a Grammy nomination for best metal performance in 1999 for Bullet Train.

Aftermath: Owens' fan-to-front-man story inspired the Mark Wahlberg movie Rock Star.

David Coverdale

Before Whitesnake and achieving monster balladeer immortality, Coverdale read an article in Melody Maker that changed his life.

Ian Gillan had quit the band and Deep Purple were auditioning singers. Coverdale's bluesy vocals and impressive rocker hair fit the bill and just like that he's heading to America for the first time and walking out on a stage in front of over 200,000 screaming fans at 1974's California Jam.

You can hear Coverdale on Purple's Burn, Stormbringer, and Come Taste the Band.

Aftermath: "An' here I go again on my own/ Goin' down the only road I've ever known/ Like a drifter I was born to walk alone."



ALL PHOTOS GETTY IMAGES



J.D. Fortune

After hearing guitarist Tim Farris tell him the words he was praying to hear, "You are right for our band," on the finale of CBS's Rock Star: INXS, Fortune went from sleeping in his car to touring the world with one of Australia's sexiest musical exports.

It was a fairy tale dream come true for the Mississauga native who never had much luck with office jobs and once paid the bills as an Elvis impersonator.

A longtime fan, the first song Fortune learned to play on the guitar growing up was the band's smash Devil Inside.

Aftermath: INXS fired Fortune in 2011. Chasing Fortune a film about J.D.'s wild ride and his attempts to keep on rocking premieres Nov. 12 on Super Channel.

Ronnie James Dio

After Black Sabbath sacked Ozzy Osbourne in 1979, Ronnie James Dio — who had previously fronted Elf and Rainbow — was tapped to join heavy metal's most influential band.

Dio revitalized Sabbath during his original three-year spell with the band. But you only really know how much they love you when they ask you back, as they did in the early '90s to record Dehumanizer.

Aftermath: Dio was a successful '80s solo artist spurred by the strength of hits like Holy Diver and Rainbow in the Dark. Before his untimely passing in 2010 he would "temp" again with Sabbath buddies Tony Iommi and Geezer Butler on a 98-date world tour under the band name Heaven & Hell.




Adam Lambert

While nobody can really replace Freddie Mercury, the American Idol Season 8 glam rocking runner-up has the dramatic chops and requisite vocal gymnastic abilities to do Queen anthems We are the Champions and Bohemian Rhapsody justice.

Following the five year Queen + Paul Rodgers collaboration, which resulted in a pair of world tours and a studio album, Lambert has stepped up to the plate.


Aftermath: Lambert last performed with Queen at this fall's iHeart Radio Festival and he had a guest stint on Glee this month.

2 SCENE



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Was Brittany Murphy poisoned?

When Brittany Murphy passed away suddenly in 2009, the official cause of death was pneumonia and anemia. Most people assumed that, in the case of a super-skinny, erratic starlet, that was a euphemism for death by drug abuse. When her husband, Simon Monjack, died just five months later of the same cause — pneumonia and anemia — that fit neatly in with the theory.

However, Murphy's father, Angelo Bertolotti, wasn't satisfied. He recently secured the rights to send samples of Murphy's hair and tissue to a lab for independent testing. The Examiner has the lab report, and it tells a shockingly different story:

"Ten of the heavy metals evaluated were detected at levels higher than the WHO (World Health Organization) high levels. ... If we were to eliminate the possibility of a simultaneous accidental heavy metals exposure to the sample donor then the only logical explanation would be an exposure to these metals (toxins) administered by a third party perpetrator with likely criminal intent."

Heavy metals such as those found at high levels in Murphy's body are often present in rat poison and insecticides. They can cause all the symptoms that Murphy and Monjack suffered before their deaths.

It's hard to remember all the way back to 2007 when Murphy and Monjack were married, but the two were frequently the target of tabloid speculation. Monjack had a shady, criminal past, and



Brittany Murphy. ALL PHOTOS GETTY IMAGES

once they were hitched, Murphy started to act increasingly strange and appear increasingly gaunt. She started losing jobs — she was allegedly fired from *The Caller* due to being difficult, with Monjack picking fights.

Shortly before Murphy's death, Monjack was rushed to a hospital after his plane landed at LAX. TMZ reported

that Monjack was incoherent when EMTs boarded the plane. An asthma attack was blamed for his behaviour.

To make it even weirder, Sharon Murphy, Brittany's mother, continued to live with Monjack after her daughter's death, even sharing a bed with him.

DOROTHY ROBINSON/METRO WORLD
NEWS IN NEW YORK CITY

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



The dictionary people just want to be friends with celebrities

MELINDA TAUB

Metro World News in New York City

I think the Oxford English Dictionary is trying to suck up to Kim Kardashian.

What other explanation could there be for their selection of "selfie" as the word of the year? Is word of the year even a thing? Stop trying to make word of the year happen, Oxford English Dictionary.

The official explanation for the OED's choice of selfie is the word's sudden ubiquity. "It's not a new word," their blog explains. "But our word of the year need not be a new word. However, it does need to demonstrate some kind of prominence over the preceding year or so and selfie certainly fits the bill. It

seems like everyone who is anyone has posted a selfie somewhere on the Internet. If it is good enough for the Obamas or the Pope, then it is good enough for word of the year."

Whatever, OED. All I can say about this clear attempt to get RTed by selfie addicts like Kim Kardashian and Miley Cyrus is, please let me know if it works, because I would also like to be friends with celebrities. This is *The Word*, after all. *The Word's* word of the year could totally be a thing.

I have to admit that the art of selfies has been significantly refined this year. Celebs like Chris Pratt and Kim Kardashian use them to show off their slammin' bods. Beyoncé debuted a bold new haircut. Miley Cyrus took one in a wedding dress, apparently to quell rumours that her engagement to Liam Hemsworth was in trouble (it was, of course). And, of course, regular folks took selfies too. Usually at funerals.



Taylor Swift

Taylor goes house hunting in Harry's 'hood

While her relationship with Harry Styles is long since dead, that doesn't mean Taylor Swift can't be neighbours with the One Direction star. Swift was spotted house hunting in London recently, looking at properties in the posh St. John's Wood area, according to E! News. "She was looking at houses in the range of seven to eight million pounds," a source says. (That's as much as \$13.5 million.) "The properties that Swift has looked over are huge houses, complete with panic rooms and everything."



Demi Lovato

Sorry world, even Hannah Montana has to grow up

How can Demi Lovato put this nicely? All of Miley Cyrus' tongue-wagging, naked antics might be distracting attention from her singing. "A lot of artists take that route of shock value and that's totally fine and that's great, but I think that she has an incredible voice that's overshadowed by some of the things that she's doing," Lovato tells Katie Couric during an interview.

Still, she's sympathetic to her longtime friend. "I think that the world needs to get over the fact that she was Hannah Montana when she was 16 or whatever," the former child star says.

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The city on the St. Lawrence River offers walks down centuries-old streets lined with elegant architecture and historic sites. Best of all, many of Montreal's greatest attractions can be experienced for free. Here are five free things to do on a visit to Montreal.

PHOTOS AND STORY: THE ASSOCIATED PRESS



Mount Royal

You can look up and see the towering trees of Mount Royal from nearly everywhere in Montreal. The nearly 200-hectare park tops out at 770 feet and boasts running, hiking and biking trails, an overlook onto downtown Montreal and a large lake. Frederick Law Olmsted, the man behind New York's Central Park, drew the plans for the park.

5

Free things to do in Montreal



Old Montreal and Old Port

The historic Old Montreal or Vieux Montreal district stretches along the St. Lawrence River in the southern part of Montreal. You could spend hours wandering the twisty, narrow walkways. Along the banks of the river at the Old Port, watch barges from a tree-lined park. A walking tour could include the Notre Dame Basilica and Montreal City Hall.



Montreal Museum of Fine Arts

The collection at the Montreal Museum of Fine Arts ranges from the European Renaissance, Rembrandt and Monet to Inuit sculpture, Jean-Michel Basquiat and other modern works. Admission to the general collection and outdoor sculpture garden is free but there is a charge for special exhibits.

Notre Dame de Bon Secours Chapel

A large statue of the Virgin Mary stands atop this church on the St. Lawrence River, leaning forward to welcome sailors into harbour. The origins of this ornate church date to the 1650s and the chapel visitors see today dates to the 1770s. Inside frescos, statues and altar artwork rival that of European churches. But the chapel earns its charm from the small replicas of sailing boats that hang from the ceiling like chandeliers, each with vigil candles.



Jean Talon Market

Small markets dot the Montreal streets but one of the larger and more interesting is Jean Talon Market or Marche Jean-Talon. The market has both covered and uncovered stalls filled with seasonal produce, cheeses, pastries and breads and other local specialties, like maple syrups. It all makes for a colourful and lively walk past vendors speaking French and English to customers.

3 FREE



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ANDREW DOBSON
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Beaver Creek, near Avon, Colo., offers a playground for well-to-do couples and families keen on experiencing the crème de la crème in fine dining, resort accommodation and Rocky Mountain alpine adventures.

The resort has 25 lifts and 150 conventional trails. In addition to skiing and snowboarding, Beaver Creek has a dedicated Nordic and snowshoe centre.

Guests have the opportunity to explore 32 km of trails as well as Haymaker Tubing Hill, which offers sliding fun for those three feet and taller. Outfitters in the area also offer snowmobile tours, dog sledding and winter fly fishing.

Family friendly New Year's Eve

The third Annual NYE Family Fun Carnival is always a big hit with locals and tourists alike. Each year the alfresco party sells out, so be sure to book your tickets early. The event starts with a Torchlight Ski Down at 6:15 p.m. followed by fireworks that blast off in The Village at 6:45 p.m. Guests stay



Beaver Creek features 25 lifts and 150 conventional ski trails. CHRIS MCLENNAN

up until the wee hours of the night with the opportunity to enjoy carnival midway games, interactive inflatable fun, pool tables, foosball, arcade, dancing, a photo booth and two balloon drops.

The Pines Lodge

Nestled among ancient aspen and pine groves on

the slopes of Beaver Creek Resort, this lodge offers a great view of the Colorado Rockies with handy ski-in/ski-out access.

The 60-room lodge is home to Grouse Mountain Grill — an AAA Four Diamond Award-winning restaurant — outdoor pool, Jacuzzi and fitness centre.

Guest rooms feature rich pine wood, a marble bath area, ski boot heaters, plush bathrobes and RockResorts Spa products.

Condominiums and townhomes are also available and feature one to four bedrooms with spacious living areas, full kitchens, washer and dryers, balconies, soak-

ing tubs and fireplaces.

Cabin feast

If you're making the trip down to Beaver Creek, check out Beano's Cabin. In the winter guests are picked up in a sleigh and whisked up the mountain to the restaurant's jaw-dropping location.

Come fly with me!

Air Canada recently announced non-stop winter service from Toronto to Vail/Eagle Airport commencing Dec. 14, which means Ontario-based ski bums now have an opportunity to conquer new North American moguls and mountains this ski season.

The decor is classic Rocky Mountain lore, complete with bear skin hide, antique ski and snow shoes, a deer bust, framed cowboy-loving landscapes and elk antler chandeliers.

The five-course dinner, prepared by executive chef Bill Greenwood, offers exquisite culinary panache on the plate paired with a live band that croons moody Gordon Lightfoot ballads.

Treat yourself

Those looking for a bit of pampering should book themselves into the Allegría Spa at The Park Hyatt.

Start off your visit at the relaxing Aqua Sanitas, modelled on ancient Roman baths. Guests can indulge in a self-guided water ritual with a thermal pool, caldarium mineral pools, rain shower, caldarium steam room and tepidarium — a warm room heated by an underfloor heating system. From the spa menu, signature treatments include a Ginger Peach Cure and Slumber Massage.



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Chicken Pot Stickers go from blah to yum with a drool-worthy filling

Chicken Pot Stickers



This recipe makes 28 pieces. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)



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When I go for dim sum, I enjoy pot stickers. But, as with egg rolls, I often find the fillings boring, and tasty only with the dipping sauce. My version of pot stickers has a delicious filling, and they're easy to prepare.

If wontons aren't available, use small egg roll wrappers.

These can be prepared early in the day and kept refrigerated. Cook just before

serving.

1. Measure out about 2 tbsp of the Hoisin sauce and set aside.

2. To make the filling: Combine the chicken, garlic, green onion and cilantro in the bowl of a food processor. Add the 2 tbsp of reserved sauce, and pulse on and off until the filling is finely and evenly chopped and everything is well combined.

3. Place 2 tsp of the filling in the centre of each wrapper. Pull the edges up to make a small bundle, pleating and

Ingredients

Sauce

- 1/2 cup Hoisin sauce, divided

Filling

- 8 oz lean ground chicken
- 1 clove finely chopped garlic
- 1 chopped green onion

- 2 tbsp chopped cilantro
- 28 small wonton wrappers
- 1/2 cup low-sodium beef or chicken stock
- 3 tbsp chopped cilantro

Nutritional analysis

Per serving: 81 calories, 15 g carbohydrates, 0.6 g fibre, 4 g protein, 0.6 g total fat, 0.1 g saturated fat, 12 mg cholesterol, 230 mg sodium

bunching. Press the edges together to seal.

4. In a large nonstick skillet lightly coated with cooking spray, cook the pot stickers, flat side down, over medium high heat for 3 minutes or until they are golden brown on the bottom.

5. Add the stock and reduce the heat to low. Cover and cook for 2 minutes or until cooked through. Remove from the pan and discard any remaining stock. Serve with the remaining sauce. Garnish with cilantro. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Drink of the Week

Spiced Mexican Coffee

- 4 cups (1 l) water
- 6 cinnamon sticks
- 2 vanilla beans, split
- 1 tbsp (15 ml) honey
- 1/3 cup (75 ml) finely ground Viennese or Italian roast coffee
- 6 packets Pure Via sweetener
- 3/4 cup (175 ml) 1% low fat milk, steamed

Combine water, cinnamon sticks, vanilla beans and honey in 3-quart (3 l) saucepan. Heat on medium heat to boiling, stirring frequently. Stir in coffee and Pure Via sweetener. Remove from heat. Let steep 5 minutes. Strain coffee into six small mugs. Discard cinnamon and vanilla. Top evenly with steamed milk and serve.



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Dinner. Chicken Fettuccine with Veg

1. In skillet, melt 15 ml (1 tbsp) butter over medium-high heat; sauté chicken, garlic and Italian seasoning 8 minutes or until

chicken is browned and no longer pink inside. Transfer to a bowl; set aside.

Ingredients

- 30 ml (2 tbsp) butter, divided
- 2 boneless skinless chicken breasts, cut into thin strips
- 2 cloves garlic, minced
- 15 ml (1 tbsp) dried Italian seasoning
- 300 g (10 oz) fettuccine pasta noodles
- 1 small onion, diced
- 4 to 5 small mushrooms, sliced
- 30 ml (2 tbsp) all-purpose flour
- 2 ml (1/2 tsp) pepper
- 1 ml (1/4 tsp) salt
- 500 ml (2 cups) milk
- 125 ml (1/2 cup) 10% cream
- 250 ml (1 cup) shredded mozzarella cheese
- 75 ml (1/3 cup) grated Parmesan cheese
- 2 tomatoes, diced
- 125 ml (1/2 cup) sour cream

2. In large pot of boiling, salted water, cook pasta 10 minutes or until al dente.

3. Return skillet to medium-high heat; add remaining butter. Sauté onion and mushrooms 5 minutes or until onion is translucent. Sprinkle with flour; stir in pepper and salt and cook, stirring, 2 minutes. Gradually stir in milk and cream; cook, stirring, 5 minutes or until creamy, smooth



and thickened. Remove from heat; stir in cheeses.

4. Drain pasta and return to pot. Pour in sauce, reserved chicken, tomatoes and sour

cream and toss to coat. **THE CANADIAN PRESS/ HENRY STAM OF GRUNTHAL, MAN. FOR MILKCALENDAR.CA**

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Typing in the key of competent



If you develop a strategy for effectively managing the emails that you receive, you will waste less time and be responsive, organized and less stressed. ISTOCK

Hit send with self-assurance.

An education on
effectively executing
an electronic exchange

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When dealing with email communication it is crucial to conduct yourself in a professional manner.

Everyone has received an email lacking a salutation or sign-off and only a bare attempt at capitalization, grammar or sentence structure. If these habits continue when the sender enters the workforce he or she will find that this unprofessional behaviour can have a significant and negative impact on career prospects.

If you take the time to write accurate, concise and respectful emails you will be perceived in a better light and will likely receive more positive and helpful responses.

Here are some tips to help you create a professional image and manage your email:

Compose

When writing emails it is always best to err on the side

The cleaning of the comp

- **Keep your inbox tidy.**
Use electronic folders to archive messages that you may need to refer to in the future. Keep the inbox for current items that you need to deal with. This will help you feel organized and less overwhelmed and stressed.
- **Open an email once.**
Don't waste your time by reading an email and then leaving it to sit because you don't feel like answering it only to have to return to the same email later. Have a one-touch policy for each email: open it, answer it and then delete or file it.

of formality. Professional emails should include accurate punctuation, capitalization, sentence structure, grammar and spelling.

If you are not sure how to address someone, start with the most formal option like Dear Ms. Smith, then wait for the reply to determine how to address further correspondence.

For professional communication emoticons, abbreviations and slang acronyms like LOL are too informal.

Insert the receiver's address last. This ensures that you do not accidentally send an incomplete email or forget an attachment. This is particularly important when dealing with a sensitive topic. Better yet, if a topic is sensitive, don't send an email; go and talk directly to the person in order to avoid a misreading of your tone or intent.

Format

Avoid the use of wallpaper or colourful fonts that are distracting and slow down the receiver's ability to process the message.

When it comes to font type and size stick with the basic serif fonts, such as Times New Roman, or sans-serif, such as Arial, in the 10-to-11-point range.

Reread messages before sending. This allows you to check the tone and content of the message from the reader's perspective and enables you to catch mistyped words — such as god instead of good — that will not be caught by your spell checker. An articulate, concise and accurate email tells others that you are intelligent, professional and detail oriented.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

U17 championship

Marner named to Team Ontario

London Knights rookie Mitch Marner has been named to Ontario's under-17 team.

The 22-man team will play Dec. 29 to Jan. 4 in the 2014 World Hockey Challenge in Cape Breton, N.S.



Mitch Marner
METRO FILE

Ten teams — five regional and five international — will be split into two conferences for the tournament. Team Ontario will

be in a conference with Germany, Team Atlantic, Russia and the U.S.

Marner, a plus-13 player, is second in OHL rookie scoring. He's one of the Knights' points leaders, earning 22 so far this season counting his 18 assists.

The 16-year-old Thornhill native was London's first-round pick (19th overall) in the 2013 draft.

METRO

Lance Armstrong saga

Ex-head of UCI rejects doping cover-up claim

Former UCI president Hein Verbruggen called Lance Armstrong's claim that he helped cover up the rider's doping at the 1999 Tour de France a "ridiculous story" and said Tuesday he has nothing to fear from an independent investigation.

Armstrong alleged collusion by Verbruggen during his first Tour victory in an interview published Monday in Britain's Daily Mail. **THE ASSOCIATED PRESS**

Lightning's Bolden dishing out the goods

NBL Canada. 6-10 forward producing on the hardwood while spreading positive messages on Twitter



DAVE LANGFORD
dave.langford@metronews.ca

Maurice Bolden of the London Lightning appears to be going down the right path, on and off the court.

First the basketball stuff.

Bolden, all six-foot-10 and 210 pounds of him, had his best game with the Lightning on Sunday, scoring 26 points in 21 minutes as his team easily handled the Mississauga Power 127-102.

The Southern Miss forward from Jackson, Miss., started the season slowly and has only recently shown the form expected of him.

"I think now he's playing with a lot of confidence," Lightning head coach Micheal Ray Richardson said. "He has a lot of basketball talent, and he's just playing well right now."

"He just needs to keep working. He needs to be consistent, but he's making big, big strides."

And now for the rest of the story, some of which many take a lifetime to learn. He is all of 24 years old.

Bolden has become somewhat of a soothsayer for his 1,142 Twitter followers, a number growing each day. And his words are all positive, something he says is all too uncommon on the social-media site.



Maurice Bolden and Lightning coach Micheal Ray Richardson have a sideline chat during a break in on-court action at Budweiser Gardens. ANGELA MULLINS/METRO

Twitter talk

Some recent tweets from Maurice Bolden (@VVILXXXIX):

- Be honest. It's one of the few things in life you can control.
- On the road to success; there's a curve called failure, a loop called confusion, speed bumps called friends and red lights called enemies.
- There will be Haters, There will be Doubters, There will be Non-Believers, and then there will be You proving them wrong.
- Never confuse your path to your destination. Just because its stormy now doesn't mean you aren't headed for sunshine.

"It's a little bit of everything ... you know Twitter. It can be full of nasty stuff," Bolden said. "I like to motivate kids."

Just show people there are some good people out there that think positive. They don't have to think negatively all the

time."

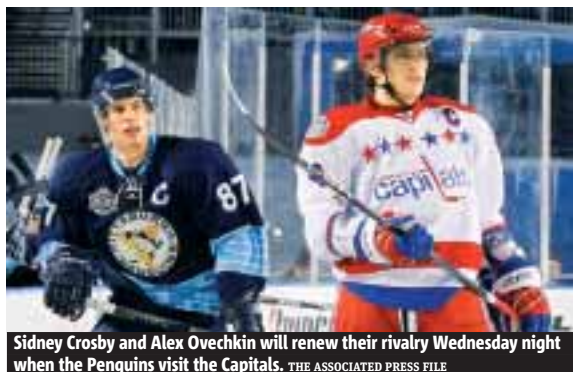
Bolden said he wakes up every day and searches for positive quotes to pass along. He researches by checking newspapers, watching television and scouring search-quotes.com.

"Or I will think of something the night before that I want to share with the people in the morning. Anything I can do to help better their day. I just put it out there and maybe it helps them through their day," he said.

Bolden said he does not attend church regularly, "but I am a spiritual."

Thank heavens. Thanks Maurice.

Rivalry renews with 1st place on the line



Sidney Crosby and Alex Ovechkin will renew their rivalry Wednesday night when the Penguins visit the Capitals. **THE ASSOCIATED PRESS FILE**

Dan Bylsma remembers the uneasy feeling.

It was Game 2 of the 2009 Eastern Conference semifinals between the Pittsburgh Penguins and Washington Capitals when Sidney Crosby and Alex Ovechkin were going goal-for-goal.

"It felt like every time they got the puck, they were going to do something with it," the Penguins coach said. "It's nice to see when your guy has it, but when you see their guy doing the same thing, it ended up being (like) who's going to score

last is going to win this game."

Crosby scored last as each of the NHL's top stars recorded a hat trick, but Ovechkin and the Capitals won the game. The Penguins won the series and went on to capture the Stanley Cup.

That was the height of the Crosby versus Ovechkin rivalry.

Concussion problems derailed Crosby, and Ovechkin needed to switch from left to right wing to regain his scoring touch, but Wednesday night they meet in Washington atop their games simultaneously

for the first time in years, engendering plenty of nostalgia about the good old days.

Consider it a rivalry renewed as the Penguins and Capitals play for first place in the Metropolitan Division and Crosby and Ovechkin revive the debate about who is the league's best player. Ovechkin has 40 goals and 13 assists in his past 42 games dating to last season, when he won the Hart Trophy as NHL MVP, while Crosby has 19 goals and 42 assists over the same span.

THE CANADIAN PRESS

2014 Honda Accord Hybrid



ABOVE PHOTO CONTRIBUTED

Review. Honda's latest hybrid a refined way to get great fuel economy

MIKE GOETZ
Drive@metronews.ca

Nothing like a butt kicking to get you motivated.

The 2014 Accord Hybrid debuts a completely new and different hybrid system, unlike anything found on the previous and easily forgotten Accord Hybrid (2004-2006) and/or the slow-selling hybrids still in Honda's portfolio — Civic Hybrid and CR-Z.

This 2014 Honda Accord Hybrid is not just great for a hybrid — it's a great car. For one thing, it is based on the new, ninth-generation Accord, just released to near universal acclaim in 2013. So, like all Accords, the Hybrid offers a stylish, slick-handling package, which offers the same great interior space, and comfort of the previous generation, even though it's slightly smaller.

Honda's hybrid rethink created a system where the all-new 2.0-litre gasoline engine (141 hp and 122 pound feet of torque) only drives the vehicle on its own in "highway" scenarios, when it is electronically coupled to a single overdrive gear. Otherwise the engine functions in Hybrid Mode, where it spins a generator, which in turn sends electricity to the electric drive motor and to the Lithium-ion battery pack. Yes, Hybrid Mode makes Accord Hybrid function very much like a Chevrolet Volt. In

EV mode the gas engine is shut down, and you get about two kilometres of pure electric driving. Hybrids typically have better city fuel efficiency ratings than their highway ratings, because EV mode only comes on in the city. But Accord's gas engine has been designed to run in a fuel-efficiency sweet spot when powering that one highway gear. Net result is a highway fuel efficiency rating, 4.0 l/100 km, which is quite close to its fantastic city rating of 3.7 l/100 km. The combined rating is 3.8 l/100 km — the best among the current crop of mid-size hybrids.

This engine runs on the Atkinson combustion cycle, which most hybrids adopt because it allows for smoother and faster starting (hybrids always ask their gasoline engines to shut down whenever they can, so re-starts need to be smooth). But the Atkinson cycle is not best for ultimate power. So Honda created engine camshafts with two sets of lobes (Atkinson and regular). The engine management system figures out which to use and when. The normal Accord is very quiet on the road. This thing is quiet with cheese.

The Accord Hybrid is actually equipped with a noise-making device for EV mode, to get pedestrian attention. I'm not fond of it, but the high-pitch sound recedes from your attention easily enough when you're not 100 per cent paying attention to it, and you can manually turn it off. The hybrid handles similarly to the Accord sedan, which is to say, admirably. The added weight of the electric-drive hardware was compensat-

Battery pack

The 1.3 kW/h lithium-ion battery is located behind the rear seat, and is cooled by drawing in air from the interior. The pack sends electricity to the electric drive motor for pure electric drive (EV mode). The pack gets charged in two ways: when that drive motor goes backwards in "regeneration mode" under braking and coasting conditions, and by the generator spun by new 2.0-litre gasoline engine.

Electric motor

The Accord doesn't really have a transmission in the conventional sense. The gas engine is only connected to the drive wheels when electronically engaged to one highway gear. The rest of the time the 124 kW electric drive motor with 226 lb-ft of torque is powering the drive wheels. This drive motor is fed by either the battery pack, or by the adjoining generator, which looks like a smaller version of the electric drive motor.



The impressive Honda electric motor. PHOTO: HONDA

ed with more aluminum panels and suspension bits, and a special rear suspension. The Accord Hybrid debuts a new tweak to "regenerative braking," by coming on immediately after the driver takes his or her foot of the accelerator. Normal systems come on only when the brake pedal is activated. This does affect the "feel" of the coasting, but it's for a good cause.

The other trippy thing is how the gasoline engine effort and sound is not always directly correlated to what the vehicle is

doing on the road. But get used to that, and the hybrid rewards with a smooth and serene driving experience. The three driving modes come and go as they please, in a very seamless fashion. If you need lots of cargo space, make sure you can live with the Hybrid's smaller trunk. The only other caveat might be price. The Accord is priced at a slight premium over the other mid-size hybrid competitors. While the base model goes for \$29,590, the \$35,690 Touring model is where you get

Compare

- 1 Ford Fusion Hybrid
base price: \$17,000
- 2 Hyundai Sonata Hybrid
base price: \$17,700
- 3 Toyota Camry Hybrid
base price: \$17,700

navigation and the newer convenience and safety features. But either model is an entry into one of the most advanced hybrid and fuel-efficiency technologies currently on the market.

Correction

The base price listed in the factbox for last week's Toyota Corolla review was incorrect. The car's price was listed as \$33,500 when it should have been \$17,600. Metro apologizes for the error.

5 DRIVE



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MODEL GE8G2DEX



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CASH INCENTIVES ON OTHER
SELECT REMAINING 2013
HONDA MODELS.



HondaOntario.com
Ontario Honda Dealers



Limited time lease and finance offers available through Honda Financial Services Inc. (HFS), on approved credit. Selling prices and payments include freight and PDI (ranges from \$1,495 to \$1,640 depending on 2013 model and \$1,695 on advertised 2014 models), EHF tires (\$29), EHF filters (\$1), A/C levy (\$100 except Civic DX and Fit DX models), and OMVIC fee (\$5). Taxes, license, insurance, registration, and excess wear and tear are extra. ^aRepresentative bi-weekly lease example: 2013 Civic DX Sedan // 2014 CR-V LX 2WD on a 60 month term with 130 bi-weekly payments at 1.99% // 2.99% lease APR. Bi-weekly payment is \$88 // \$139 with \$0 // \$1,177 down or equivalent trade-in, \$66 // \$0 individual dealer contribution deducted from the negotiated selling price before taxes, \$0 security deposit, and first bi-weekly payment due at lease inception. Total lease obligation is \$11,439.71 // \$19,247.03. 120,000 kilometre allowance; charge of \$0.12/km for excess kilometres. PPSA lien registration fee of \$45.93 and lien registering agent's fee of \$5.65, due at time of delivery are not included. Limited time SE Accessory Package installed for \$4.88 more bi-weekly (plus taxes) on a 2014 CR-V LX 2WD includes all advertised items plus "SE" badge. [†]Representative bi-weekly finance example: 2013 Civic DX Sedan on an 84 month term with 182 bi-weekly payments at 1.99% APR [including \$1,600 Finance incentive and \$476.65 individual dealer contribution deducted from the negotiated selling price before taxes]. Incentives apply only to Finance contracts through HFS, and can be combined with subvented rates of interest offered by Honda as part of a low rate interest program. Finance amount is \$14,959. Cost of borrowing is \$1,077.28 for a total finance obligation of \$16,016.28 with \$0 down or equivalent trade-in. [‡]\$500 Holiday Bonus offer applies only to retail customer purchase or lease agreements for new 2013 Civic, 2013 Fit and 2014 CR-V models concluded between November 1st, 2013 and December 2nd, 2013 at participating Ontario Honda Dealers. Deducted from the negotiated price after taxes and can be combined with advertised lease and finance rates. ^uLimited time 0.99% APR lease offers on remaining new 2013 Fit DX // 2013 Civic DX Sedan // 2013 CR-Z // 2013 Accord EX Coupe 6MT // 2013 Accord LX Sedan 6MT // 2013 CR-V LX 2WD for a maximum of 24 // 24 // 24 // 42 // 24 // 36 months. Representative lease example: 2013 Civic DX Sedan on a 24 month term at 0.99% lease APR, the monthly payment is \$287.20 with \$0 down or equivalent trade-in, \$0 security deposit and first monthly payment due at lease inception. Total lease obligation is \$6,892.80. 48,000-kilometre allowance; charge of \$0.12/km for excess kilometres. PPSA lien registration fee of \$18.81 and lien registering agent's fee of \$5.65, due at time of delivery are not included. ^{*}Receive 0.99% APR purchase financing on remaining new 2013 Fit DX // 2013 Civic DX Sedan // 2013 CR-Z // 2013 Accord EX Coupe 6MT // 2013 Accord LX Sedan 6MT // 2013 CR-V LX 2WD models for a maximum of 36 // 48 // 24 // 60 // 24 // 48 months. Representative finance example: 2013 Civic DX Sedan on a 24 month term at 0.99% APR and finance amount of \$17,037.30 the monthly payment is \$716.32. Cost of borrowing is \$176.22 for a total finance obligation of \$17,213.52 with \$0 down or equivalent trade-in. ^{*}\$1,500 // \$1,500 // \$3,000 // \$1,500 // \$2,000 // \$3,500 // \$2,000 // \$2,500 // \$4,000 // \$5,000 // \$5,000 customer cash incentive is valid on remaining new 2013 Fit (except DX) // 2013 Civic Coupe and Sedan (except DX Sedan) // 2013 Accord Coupe (except EX Coupe 6MT) // 2013 Accord Sedan (except LX Sedan 6MT, EX-L V6 Sedan and Touring V6 Sedan) // 2013 Accord EX-L V6 Sedan and Touring V6 Sedan // 2013 Crosstour EX-L 4WD and EX-L 2WD // 2013 Crosstour EX-L 4WD and EX-L 2WD // 2013 CR-V (except LX 2WD) // 2013 Odyssey // 2013 Pilot // 2013 Ridgeline models when registered and delivered between November 1st and December 2nd, 2013. Cash incentive is available for all Honda retail customers except customers who lease or finance through HFS at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Cash incentive will be deducted from the negotiated price before taxes. For all offers, taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. ^{**}Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2012. ²⁰Based on Fuel Consumption Guide ratings from Natural Resources Canada. Transport Canada approved test methods used. Your actual fuel consumption will vary based on driving habits and other factors – use for comparison only.

Horoscopes

Aries

March 21 - April 20

Some people achieve so much they lose touch with reality, but that's not something you have to worry about. Keep your feet planted firmly on the ground this week, and you'll accomplish more than anyone.

Taurus

April 21 - May 21

Make sure the needs of loved ones are taken care of today, no matter how mundane. You may wish you were doing something more interesting but people are counting on you and you can't let them down.

Gemini

May 22 - June 21

However vague your ambitions may have been in recent months you now know what it is you want and how to go about getting it. Your rivals will try to block your path but they won't succeed.

Cancer

June 22 - July 23

There is a possibility you will waste money on things you don't need over the next 24 hours. But, if it makes you feel good about yourself, maybe it's not a problem. It's only money.

Leo

July 24 - Aug. 23

You will be touchy today, and for no apparent reason. Perhaps it's good you get the bad stuff out of your system now, as later in the week you will have to work closely with people.

Virgo

Aug. 24 - Sept. 23

You may feel vulnerable but try not to withdraw from the world completely. There are still things that need to be done that cannot be done on your own. Try smiling, it helps.

Libra

Sept. 24 - Oct. 23

Someone in a position of power will ask you to take on extra chores today but make sure they define exactly what is expected of you, and make sure you define your limits.

Scorpio

Oct. 24 - Nov. 22

A change of direction may be called for but there is no need to go to extremes. The planets indicate a minor adjustment will be enough to put you back on the path to success.

Sagittarius

Nov. 23 - Dec. 21

You will be on the move today or tomorrow but if you want your journey to be enjoyable, you should plan before you leave. If you leave things to chance, there's no telling where you might end up.

Capricorn

Dec. 22 - Jan. 20

You cannot afford to make decisions about money matters at the moment. The more others push you to move one way or the other, the more you must insist on staying right where you are. There's really no rush.

Aquarius

Jan. 21 - Feb. 19

You may have to give up something you enjoy to please others today, but it will be a sacrifice worth making. In the long-term the more loved ones are happy with life, the more you will be happy with life.

Pisces

Feb. 20 - March 20

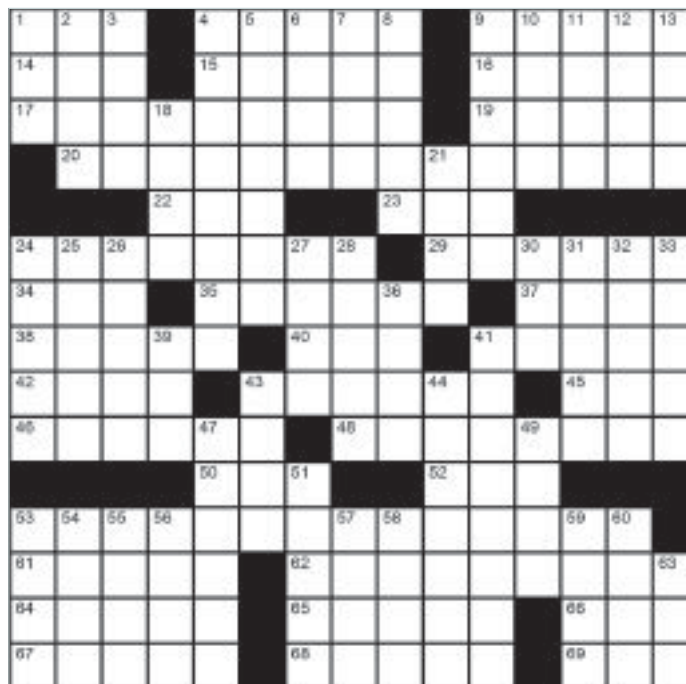
Your big idea is almost ready to go public with but if you are smart you will go over it one more time, just in case there is something you have missed.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Ratite bird
4. Bottle type
9. Norwegian dramatist Henrik
14. Poetic contraction
15. League: French
16. Hoity-___
17. Declares
19. "Sharp Dressed Man" band
20. Calgary Flames mascot: 3 wds.
22. Aspiration
23. Battery size
24. Show who's boss: 2 wds.
29. As per #44-Down, pre-video's bottom right corner button after a few seconds: 2 wds.
34. Fit Fiddle link: 2 wds.
35. Like plays, pre-audition
37. Great ___ (Dog breed)
38. Guelph-born actress Ms. Campbell's
40. Black Eyed Peas member, ___de.ap
41. "Kung Fu ___" (2008)
42. Welsh actor Mr. Gruffudd
43. Produce Dept.: Mango's neighbour
45. Flub
46. Iconic symbol since 1960, created by Toronto-born graphic designer Allan Fleming: acr. + wd.
48. Biblical 12
50. The Who's "Love, Reign ___ Me"
52. Theatre's Ms. Hagen
53. Polar Bear, scientific-style: 2 wds.
61. 'Click' dance again
62. Briefcase contents
64. Taper off
65. Sun-dried brick
66. Deer's mom



67. Shirt's info spot
68. Moviedom's Ms. Russo's
69. Choose

Down

1. H, in ancient Greece
2. Ho Chi ___ City
3. Forearm bone
4. People line up for shots to avoid it: 2

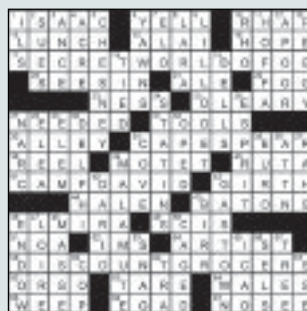
5. "Wichita ___": 1968 country hit
6. 'A' in CIA, for short
7. Cooking fat
8. Singer of "Tik Tok"
9. Violinist Mr. Perlman
10. Classic television clown
11. What vision correction surgery LASIK

- stands for, Laser in ___
- Keratomileusis
12. Collar type
13. Big Apple force [acronym]
18. ___ history
21. Cardinal point
24. Janet ___, Brockville-born singer/songwriter
25. Apply to: 2 wds.
26. City in Quebec

- near Montreal
27. Sports org. founded in 1906
28. 10th Greek letter
30. Ms. Lupino
31. Group on a Sunday talk show
32. Canadian impressionist, ___Philippe Gagnon
33. Beloveds
36. High-fiving sound
39. Antacid brand
41. Interests
43. Greeting card's inner message
44. Viral videos venue
47. Music style
49. Domesticated
51. "M*A*S*H" role
53. Russian river
54. Country singer's 2001 to 2007 sitcom
55. Wild guess
56. 'Grad' add-on (Degree getter)
57. Travelled by horse
58. Legendary star
59. Reverse
60. Discontinue
63. Place

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	2	6	4	3	8	7	5	9
5	4	9	6	7	8	1	3	2
3	8	7	5	2	1	4	9	6
2	7	5	9	4	3	8	6	1
8	1	3	7	6	5	2	4	9
9	6	4	1	8	2	3	7	5
6	3	1	2	9	7	5	8	4
4	5	8	3	1	6	9	2	7
7	9	2	8	5	4	6	1	3

3			6		9			7
	9		2		4		6	
		1				4		
		4	1		5	6		
1								9
		2	9		8	3		
		9				5		
	8		7		2		3	
7			8		1			6

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